



# Ignite Yourself

**Thursdays**

**5:30-6:15pm**

Fun and functional fitness where you connect and improve your well-being.

Strength and cardio training where we meet your needs.

**Location:** Darwin Squash Centre, 6 Marrara Dr, Marrara

**Cost:** \$5 per person

**Bookings required!**

**Contact:** Dee - Ignite Yourself on [dee@igniteyourself.com.au](mailto:dee@igniteyourself.com.au)  
or 0432 142 661

Beat the  
heat while  
you work  
out!

BYO mat,  
towel &  
a water  
bottle



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